

## Celebration of 7th National Ayurveda day

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences and **Manav Rachna Center of Excellence: Food, Healthcare and Nutrition** have jointly organized 7<sup>th</sup> National Ayurveda Day on 19<sup>th</sup> Oct, 2022. This programme was organized with the special objective to promote the Ayurveda at household level. The day was started with the inauguration of Kitchen Garden by all the eminent people, Chief guest **Dr. Ishwar V. Basavaraddi**, Director, Morarji Desai National Institute of Yoga, Ministry of AYUSH, GOI, **Dr. Rajagopala S Bhat**, Associate Professor & Sr. Consultant, All India Institute of Ayurveda (AIIA), New Delhi; **Dr. Sasibhushan Vedula**, Senior Manager, R&D, Healthcare, Dabur India Ltd, Prof. (Dr.) Sanjay Shrivastva, Hon'ble Vice Chancellor, Prof. (Dr.) GL Khanna Pro-Vice Chancellor, Prof. (Dr.) Moattar Raza Rizvi, Dean and Prof (Dr.) Divya Sanghi, HOD, Department of Nutrition and Dietetics. This garden was established with the intention of introducing students to the variety, significance, and uses of herbs in cooking. The department has held recipe and poster competitions as well to inspire students to use herbs and turn their attention to Ayurveda. The lectures were given by the experts. They shared information on current research and potential future prospects of ayurveda. They also encouraged students to utilized our ancient practices to improve many health conditions.



**Herbal garden at Q Block**